



WELLNESS HEALTH PLAN PERKS

Annual Employee Wellness Plan Premium Savings (per EE)				
2012-13 Wellness Plan Savings Comparison				
Plan Name	Single	Four Party	Two Party	Family
Choice Plan	\$526.56	\$1,081.44	\$1,397.52	\$1,869.12
Regular Plan	\$218.40	\$448.56	\$579.84	\$775.44

- All blood work (including preventive) is covered up to \$500
- No age restrictions for preventive screenings
- Thyroid testing
- Bone density testing (age restriction was removed)
- Routine and follow-up Mammograms covered at 100%
- Routine and follow-up Colonoscopies covered at 100%
- Cholesterol medications at a reduced copay or no cost for generics
- Hypertension (high blood pressure) medications at a reduced copay or no cost for generics
- Hemoglobin A1C testing
- Adult and child immunizations
- Maternity services
- Well baby exams
- Routine Pap Smear
- Routine Prostate cancer screening
- Diabetes vision screening
- Diabetic prescriptions at a reduced co-pay
- Tobacco cessation medications at no cost with enrollment in the EMPOWERED Coaching

For further information on health plan benefits, view www.das.state.ne.us/personnel/benefits/.